

## ABSTRACT

The present invention is the method and apparatus for providing sound or visual cues to provide the synchronization in time of groups of individuals in meditation, contemplation, prayer and physical movement. The sound or visual temporal cues can be integrated into wristwatches, clocks,

5 communication devices such as phones, networked computer devices including computers, entertainment processes including television and radio broadcasting, and information management tools such as PDAs, or be integrated into an appliance dedicated for the purpose of synchronizing said activities. The user of said devices experiences a sound or visual cue at one or several given times a day. On the cue the patient consciously takes some moments to engage in said activities. As a group of individuals are using the  
10 same moment to engage in the same or similar activities the user may feel a sense of belonging to the group. If the user wishes to participate in the activities in synchrony with other individuals he or she may experience a sense of contentment or happiness at this time.

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